

November, 2019



Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.

A GLOBAL GIVING MOVEMENT

DECEMBER 3, 2019

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Giving Tuesday

Join us on Tuesday, December 3 for #GivingTuesday, a global day of giving that harnesses the collective power of individuals to celebrate generosity worldwide. #GivingTuesday is held annually on the Tuesday after Thanksgiving in the U.S. Kick off the holiday season with us!

You are here. So are we.

Your gifts to the Nutrition, Family and Consumer Sciences program allow local UC ANR scientists and educators to connect the people of the Central Sierra with the

resources of their University. Wherever you are, so are we. Our staff and Advisor work as a team to improve community health and bring practical, trusted, science-based answers to residents throughout Calaveras, El Dorado, Amador, and Tuolumne counties. We are problem-solvers, catalysts, collaborators, educators, and stewards of the land, living in the communities we serve. In the midst of an ever-changing climate, it's easy to be frustrated and overwhelmed—to feel helpless without knowing what to do next. But, there is something we can do—together, as neighbors, we can help our communities become healthier and heal the land around us.

With your support, we invest in research, nutrition education, and healthy living services in your community—to be a neighbor in times of need. And, we can't do this without your help. Join the #GivingTuesday Movement!

To donate to the Central Sierra Nutrition, Family and Consumer Sciences program, simply click the [donate](#) button below. Or, visit <http://donate.ucanr.edu/>; scroll down under the "Donate by Program" heading and click the green apple logo; choose Calaveras County from the drop-down menu; then select any donation amount you would like to share.

Thank you for helping make a difference this #GivingTuesday!

Donate

November's Harvest of the Month



As cooler weather begins in the Central Sierra, persimmons ripen into a deep Fall orange. There are two major varieties of persimmons, Fuyu and Hachiya. Fuyus, pictured above, are shaped like a slightly flattened apple and can be eaten when firm and crunchy. Hachiyas are longer and usually larger, and should be eaten when

completely soft and translucent. If eaten even slightly under-ripe, the astringent Hachiyas will make your mouth pucker or feel dry, but when ripe they are one of the sweetest fruits available. No matter which variety you choose, all persimmons are good sources of fiber and vitamin C, and excellent sources of Vitamin A. See below for healthy recipes ideas, or make a Fall smoothie: blend the pulp from one ripe Hachiya persimmon with a spoonful of peanut butter, a pinch of cinnamon, a cup of milk, and a few ice cubes until smooth. Learn more about persimmons and view their nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

- [Persimmon Spinach Salad](#)
- [Roasted Persimmon and Coconut Quinoa Porridge](#)
- [Persimmon Fruit Leather](#)
- [Persimmon Pomegranate Fruit Salad](#)

New & Noteworthy

Visit these links for a round-up of nutrition news, information, and events from the past month. Note that any particular research finding is only one part of a large and complicated picture of a healthy diet. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](#). For individual diet questions, consult a registered dietitian or medical provider.

HOW SNAP PARTICIPANTS EXPERIENCED THE 2018-2019 GOVERNMENT SHUTDOWN AND SNAP BENEFIT DISRUPTION - Research conducted locally in Tuolumne County, as well as San Mateo and L.A. counties, looks at a hidden hardship of the government shutdown: disruption to SNAP/CalFresh for millions of Americans who depend on the program to feed their families. Read the report brief to learn more. <https://ucanr.edu/sites/NewNutritionPolicyInstitute/files/316104.pdf>

'WE NEED THE FOOD THAT WE LOST.' LOW-INCOME FAMILIES STILL REELING FROM BLACKOUTS - The impact of food loss due to California's Public Safety Power Shutoffs create hardships for families with low food security. One bright spot is that while PG&E is not replacing food lost in planned outages, CalFresh/SNAP benefits should be recharged automatically to EBT cards when recipients are included in PSPS areas. <https://www.kqed.org/news/11788115/we-need-the-food-that-we-lost-low-income-families-still-reeling-from-blackouts>

CARBON DIOXIDE LEVELS THIS CENTURY WILL ALTER THE PROTEIN, MICRONUTRIENTS, AND VITAMIN CONTENT OF RICE GRAINS - One of the predicted effects of climate change on agriculture relates not only to crop production and growth, but also to decreased nutrients in the resulting foods when grown under high-CO2 conditions. <https://advances.sciencemag.org/content/4/5/eaq1012>

WEIGHT-LOSS SURGERY MAY RELEASE TOXIC COMPOUNDS FROM FAT INTO THE BLOODSTREAM - A study has found that fat-soluble toxins are released into the bloodstream of patients who undergo bariatric surgery and lose large amounts of weight in a short time. <https://hub.jhu.edu/2019/11/15/toxins-in-bloodstream-after-bariatric-surgery/>

Nutrition Education Spotlight: Veg the Vote!

Through a Harvest of the Month seasonal produce initiative, the CalFresh Healthy Living-UC program, school staff, Barton Health, and parent volunteers promote food literacy in all four elementary schools in Lake Tahoe Unified School District (LTUSD). As part of LTUSD's Local School Wellness Policy, this farm-to-school initiative aims to increase K-5 student familiarity with healthy produce items and their nutritional value through monthly cafeteria produce tastings paired with nutrition education about featured produce, including videos, handouts, and gardening activities. After students get a taste of the featured produce, they are asked to vote on whether they like the featured fruit or vegetable, and the vote results are usually announced school-wide. During 19 cafeteria tasting events in 2018-2019, K-5 students sampled 4,461 tasting portions of 7 total items, including kiwis, radishes, butternut squash, sweet potatoes, grapefruit, beets and snap peas. Across all tastings, 57.1% of votes were cast for "Liked It," 19.4% for "Okay," and 23.5% for "Not Today." Also, a pre-post cafeteria food waste assessment of baby carrots served in two elementary schools found an average 40% reduction in carrot waste per student served after carrots were featured as Harvest of the Month. This information shows that many Lake Tahoe Unified School District students are happy to eat healthy fruits and vegetables when they're available in cafeterias.



About Us

Nutrition, Family and Consumers Sciences (NFCS) in the Central Sierra conducts education, outreach, and applied research to support nutrition, food security, and public health in Calaveras, Tuolumne, Amador, and El Dorado Counties. NFCS includes the CalFresh Healthy Living, UC program, which teaches free classes in local schools, community centers, libraries, and other public places. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create

environments where it's easier for people to make healthy choices by supporting wellness policies, community and school gardens, walking clubs, and more. For more information, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS Advisor Katie Johnson at ckrjohnson@ucanr.edu.



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